

# core movement

## RAISED LEG POSE (OPEN)

- Stand in Mountain Pose (1).
- Exhale, bend the right leg and hold the big toe of the right foot between the thumb, index and middle fingers of the right hand.
- Place the left hand on the waist and extend the right leg to the right side.
- Focus on keeping the pelvis square to the front as you keep extending the right leg out to the side.
- Reverse the process to come out of the pose. Repeat on the other side.

### Benefits

- Improves balance and flexibility.
- Improves core strength and concentration.

### Beginners Advice

- Start sitting down with left leg tucked into body.
- Work on keeping heart up and spine long.
- Breathe into the parts of the body that feel discomfort.
- Hold ankle instead of foot.

### Challenge

- See how long you can hold the pose without compromise.
- Hold only the big toe of the raised foot.

### Adjustments / What to look for

- Be aware of maintaining the length, watch for “slump” in shape.
- Leg to side is open, leg to front is neutral.

